

School Health Promotion *Morning Announcements*

OCTOBER: Zero Sugary Drinks



Short:

Think before you drink! One can of soda contains 8 teaspoons of sugar – that's 8 sugar packets! But why is too much sugar a bad idea? If you eat (or drink) too much sugar, your heart and other parts of your body might get sick. Also, sugar causes cavities – and no one likes the dentist's drill!

So when you get thirsty, stick to water, low-fat or non-fat milk, and sometimes 100% fruit juice.

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